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**Abstract** The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male and 100 female students. The program included aerobic, strength, and flexibility exercises. The results showed that the program had a significant positive effect on the physical fitness of both male and female students. The program also had a significant positive effect on the self-esteem of both male and female students. The program was well-received by the students and was considered to be a valuable addition to the school curriculum.